

Pork Fried Rice

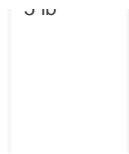
Makes: 100 Servings

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Ingredients	Weight	Measure
Vegetable oil		1/2 cup
Liquid eggs, pasteurized		3 qts
Vegetable oil (2nd quantity)		1 cup
Sesame Oil		1/2 cup
Pork, cooked, diced	12 1/2 lb	
Mushrooms, sliced		6 1/4 qts
Brown rice, long grain, cooked		4 1/4 gals 2 cups
Soy sauce		2 cups

Nutrition Information	
Nutrients	Amount
Calories	374
Total Fat	14 g
Saturated Fat	4 g
Cholesterol	127 mg
Sodium	419 mg
Total Carbohydrate	38 g
Dietary Fiber	4 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	26 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Green onions, thinly
sliced on a diagonal



Directions

1. In large skillet, heat oil over medium heat until hot; add eggs. Stir slightly to scramble, leaving pieces large. When cooked, cut egg into 1/2" pieces and reserve.
2. In tilt frypan or large skillet, mix vegetable oil and sesame oil. Heat. Add pork and mushrooms. Stir-fry until mushrooms are tender and pork is hot.
3. Add rice and egg to pork mixture, sprinkle with soy sauce. Toss lightly and heat thoroughly.
4. Stir in green onions and mix well.

Source: USA Rice